



YMCA SPEED & AGILITY

STARTS JUNE 23

PROGRAM OF TRAINING:



DEVELOP SPEED & AGILITY



STRENGTH AND CONDITIONING



ENHANCE VERTICAL JUMP &
EXPLOSIVENESS



IMPROVE FLEXIBILITY THROUGH
STRETCHING



AND MUCH MORE FUN!!!



This 6 week program is designed for the young athlete as well as youth who want to stay active. The Y understands the need to keep youth active and training. Our coaches will push each athlete to achieve their personal goals and show them the techniques of physical fitness that will foster a healthy attitude toward exercise. Our classes will focus on improvement in strength, conditioning, speed and agility.

REGISTRATION RUNS:
NOW - JUNE 21

AGES: 9 - 14 YEARS (COED)

DAYS: MONDAY & WEDNESDAY
10:30 AM - 11:45 AM

PROGRAM FEE: YMCA MEMBER - \$30
COMMUNITY PARTICIPANT - \$55

LOCATION: YMCA OF ST. JOSEPH
3601 N VILLAGE DR.



816-671-9622



www.stjoymca.org



3601 N Village Dr., St. Joseph, Mo.